

### Level 1 (Launchers). Week 10. Workouts 1-3.

**This is the fourth week of your second 6-week training period.** You'll only have two weeks left in the training after this week. Are you on the way to Level 1 certification? .0

**The theme for the week is "Week 1 Doubled."** Your longest workout this week is 80 minutes, which is twice as long as your week one 40-minute workout. If you're there, congratulations!

**Here is a summary of Week-10 workouts** as reflected by the Launchers' schedule:

- **Workout 1 (Sunday).** An 80-minute, moderately difficult stamina workout on the flats.
  - **Your longest, hardest workout.** Hooray. You've established an 80-minute stamina workout. If you've gotten here without becoming sick or injured, you've managed your effort (from easy to moderate) beautifully.
  - **You have a couple weeks to consolidate** your gains before you go off on your own with a larger capacity than you had 10 weeks ago. What will you do with that capacity? Back off? Continue at this level? Try for Level 2?
- **Workout 2 (Tuesday).** A 40-minute, easy workout in the hills.
  - **Again, this is your standard.** Which do you prefer: an easy 40 minutes or a moderate 80 minutes? Or do you like a variety of workouts in a training week? How about once-a-day for 40 minutes, with a single longer run?
  - **A training schedule should reflect** your needs and goals. To what extent are you interested in progressing in the training and racing game? The Level 2 goal is to develop a regular training regimen by the rules of right exertion.
- **Workout 3 (Thursday).** A 65-minute, moderate workout in the hills. The same duration as last week, but moderately difficult, instead of easy++. It's time to make the 65-minute workout a little harder than easy++ by adding a hill or two.
  - **In general,** the more (and steeper) the hills, the harder the workout compared with the same duration on level ground. Level-ground exertion should always be held-back and light, but hills can rise to relaxed and steady.
  - **Bottom line,** this workout is an exercise in estimating the work you need to do to finish a moderately difficult workout within the confines of 65 minutes and the necessary relaxed-exertion criterion. This is an advanced skill.

**In addition to the following new ideas,** please refer to the week 5 workout description for a summary of the various aspects that should be incorporated into every workout. Please refer also to the new material that has been added to this section in recent weeks.

- **Brian's Mid-Workout Stretching Routine.** The stretching routine that's posted to your fitness level page evolved to meet my particular needs (but not necessarily yours):
  - **A Lower-Back Issue.** Caused by an accident 10+ years ago. The pain is now related to the amount of sitting I do each week. Stretching helps.
  - **Short muscles.** I've always been relatively inflexible, despite a lot of stretching in my life. Not everyone can easily touch their toes.
  - **Training-related stiffness/soreness.** I've always stretched because it made my body feel more relaxed and less twitchy between workouts.

You may have different needs, which could make my routine inappropriate for you (see the next section below on what to look for).

- **Your Mid-Workout Stretching Routine.** I've given you little direction on what stretches to incorporate into your mid-workout routine. Your stretches might be better than mine for your needs. Here's what to consider in further developing your routine.
  - **Your Goal.** What are you trying to achieve/accomplish with a mid-workout stretching routine? Do you want to be more flexible? What does that mean? How would you measure it and when would you know you've arrived?
  - **Your Mind.** Suppose you want a new self-image, as being physically flexible. Being able, say, to touch your toes, instead of mid-shin. Are you concerned about your image in your eyes or the eyes of those who see you?
  - **Your Body.** Has to be in charge, not your mind. Your thinking should never predetermine your standard for flexibility, either for yourself or others. The only relevant issue is whether your stretching makes your body feel better.